

DISTRICT#40

UNITY | SERVICE | RECOVERY

Step 5

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs"

Tradition 5

"Each group has but one primary purpose - to carry its message to the alcoholic who still suffers"

Concept 5

"Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered"

District 40 Needs YOU!

Archives Representative

Public Information (PI)

Cooperation with Professional Community (CPC)



BEING OF SERVICE

When I was growing up I was unaware of what is meant to be of service to others. Between the grades of 5th and 9th my mom and dad had us (my older sister and I) help in the Catholic Church in various capacities. Our family volunteered at a Seminary's Mission helping Brother Francis catalog and store donated stuff, and then assist in shipping the donated stuff in stock to their missions in some countries overseas, to countries requesting items and to various charities and places in need around the United States.

Then, while in college, the Fraternity I belonged to would take blind children from an Orphanage trick or treating, in February we would take kids from another Orphanage to the circus, and in May we would hold an Olympic Day at the track for 3 Elementary Schools. In between the drunken stupors it gave some feeling of doing something. But, that feeling was very fleeting.

As I can recall those were the main times of being of service unconditionally. There were helping the family, helping friends, visiting folks at the hospital but it was seldom unconditional.



District 40 Contact Information

DCM: Reino F

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Alternate DCM: Deanna F

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Secretary: [Jackie S](#)

Alternate Secretary: [Hilton L](#)

Literature Chair: [Elizabeth G.](#)

IT Representative: [Heather](#)

Treatment Facilities Chair: [Lindy S](#)

PI Representative: **OPEN**

Correctional Facilities Chair: [Paul K](#)

Grapevine Representative: [Rachel](#)

Newsletter Chair: [Kari B](#)

Intergroup Representative: [Dan K](#)

Archives Chair: **OPEN**

CPC Representative: **OPEN**

District40Newsletter@gmail.com

Then, at age 33 I had a moment of clarity. I had been at a rough weekend wedding where I was the best man and had gotten thrown out of the reception, and then thrown out of 3 bars. I found myself in the 4th one and have never felt more alone in my life. The next evening I was at my apartment and thought what has gone wrong with life? I am not living the way my mom and dad had tried to raise me. What the heck happened?

I went for help and found out that what happened was all along I was with myself and taking myself with me where ever I went. I was the problem. My thinking, perception, opinions, habits, life style and attitude were my undoing. I could not get relief from them. I drank to hide from them.

So changes in all that had to happen for any hope of relief and a better life. I found that relief in the fellowship of Alcoholics Anonymous, the rooms of AA groups, a sponsor and being shown the program of action and working the 12 Steps in AA.

So, now being of service has come full circle. Service now starts with being at my home group when it meets, making coffee, setting up the meeting, greeting people who I do not know when they show up, calling the members who are not at meetings for some reason (? call them), work the steps, sponsor when asked, and reach out to the suffering alcoholics outside and inside the fellowship of AA.

Then, being a member in the fellowship of AA I got interested in the history of this deal. Also, I was strongly suggested to give back to the fellowship that has given so much to me and helped me to change my life. Eventually I was elected a member to the home group's steering committee as an Alternate GRS, GSR, and then Intergroup Delegate. I eventually served as the Intergroup Chairman. Moved to Texas and got new home groups as I have lived here, seeking the fellowship I craved. A new home group was formed and I was asked to serve as the GRS. I did and then at the District served as the Treasurer. Well after three years I stood for Alternate DCM. Started in January this year and in April was moved into the DCM position that the DCM could not fill out her term.

It has been proven to me over and over that if I were to figure out plans and the outcomes of them I would always

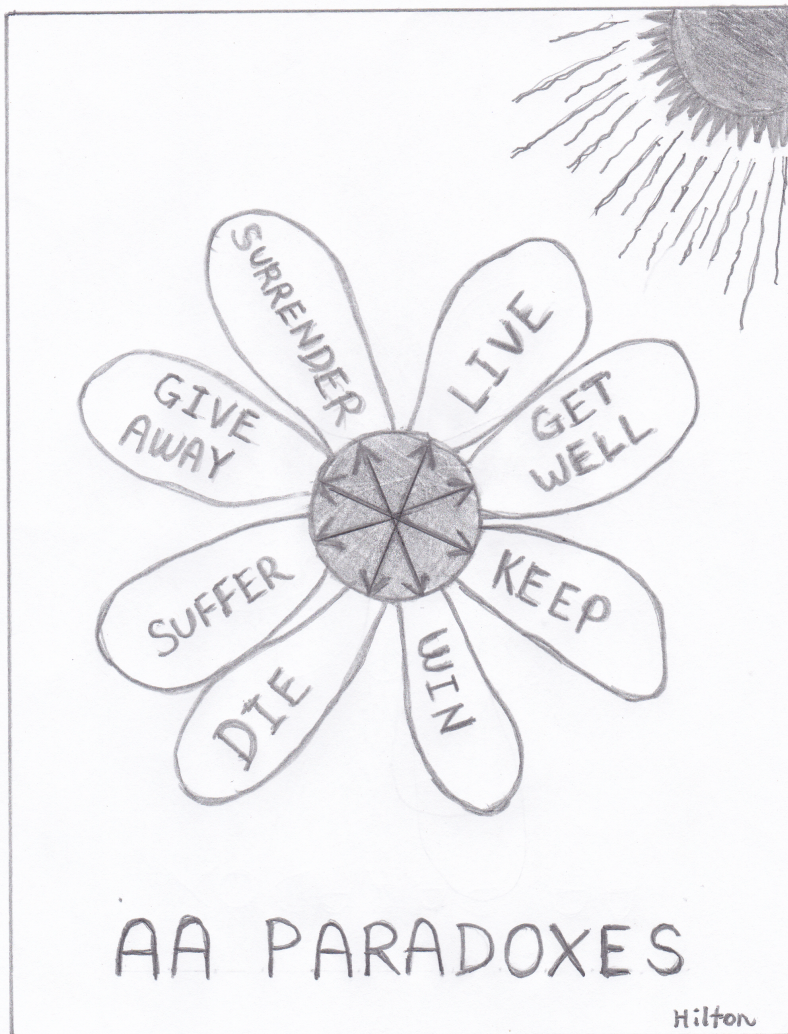
short change the results every time. So, I need to take the action, with the right motive, and let my Higher Power, God deal with the outcome. Giving unconditionally to God, to others and back to AA has been a most rewarding part of my learning to live life on life's terms.

When I get out of myself and turn to others, Be of Service life gets so much more rewarding.

Reino F

PS: I've never have done this without an assignment, or step work or for the group or district with a reason, FYI

So get going, take a leap of faith and help the Fellowship!!!



*District 40
Presents The 12
Concepts Book
Study*

Presented by:
Betsy G. - Past
Delegate

Location:
Spring Branch
Memorial Club

Address:
1200 Blalock Road
#378, Houston,
Texas 77055 Room C

Time:
10:00 AM -
12:00 Noon

Saturdays:
July 20,
August 3,
September 14,
October 19



Easy Does It

“On the bottom of page 135 of Alcoholics Anonymous’ basic text book, commonly and affectionately known as the Big Book, three suggestions or slogans are offered at the end of the chapter titled The Family Afterward. The section concludes with a description of how, sometimes, families miss the miracle of a sober alcoholic because they are too busy expecting rapid progress in areas outside of abstinence. The author of that chapter, A.A. co-founder Bill Wilson, wrote this: “We have three little mottoes which are apropos. Here they are: *First Things First. Live and Let Live. Easy Does It.* They are the only italicized slogans appearing in such a manner in the book.

If you are into stats, we find the word ‘easy’ appears ten times in the Big Book and another seven times in the book 12 Steps and 12 Traditions. In the Big Book chapter Into Action on page 86, the page after the Promises end, we find this nugget: “We relax and take it easy.” It refers to prayer and waiting for God to lead us into an intuitive thought, a good idea.”

In the 12 and 12 book, in the chapter on Step 2 on page 26, we find this: “His sponsor probably says, “Take it Easy. The hoop you have to jump through is a lot wider than you think.” Bill is referring to a newcomer struggling to accept his powerlessness and a Higher Power as the answer to it.”

Paraphrased from Jeff Vircoe’s “The History of Easy Does It” <https://edgewoodhealthnetwork.com/blog/the-history-of-easy-does-it/>

Pamphlet of the Month: April

Each month the Literature Chair, Elizabeth G, provides us with a AA pamphlet. For the month of April the pamphlet was The Twelve Steps Illustrated. For your digital copy please go to the link below and click on the picture of the pamphlet, this will open a digital copy of the pamphlet which you may view online or make a single print.

https://www.aa.org/assets/en_US/aa-literature/p-55-twelve-steps-illustrated



District 40 GSR Meeting Minutes

DATE: 03/12/2019

CALL TO ORDER; DCM Cindy M. opened the meeting with a Moment of Silence, Preamble & Unity Declaration.

INTRODUCTION OF ATTENDEES; 31 Attended our business meeting.

TRADITION I /CONCEPT I PRESENTATION; Pat M. and Karen W..

VOLUNTEERS FOR NEXT MONTH; Tradition 4 – Bill A.; Concept 4 – Peter C.

DISTRICT OFFICER REPORTS

- Secretary’s Report; Jackie S. - Accepted as submitted
- Treasurer’s Report; Deanna F. - Accepted as submitted
- DCM Report; Cindy M.
 - I sent out an email with several attachments just in case you are not signed up for SETA Announce. They consist of;
 - 2019 Agenda Items List
 - Area Assembly Agenda for April 2019
 - Gratitude Dinner Motion
 - YPAA Motion
- Alt DCM Report; Reino F.
 - If there has been a change in your group, fill out the new GSR form.
 - Will resend the email with attached Agenda Items and Form because there is not enough for everyone.

GROUP HISTORY REPORT

- Current; Kari B. Group - Just The Black Print Group
- Next Month; Mitch A. Group - Bear Creek Fellowship Group

GSR/GENERAL SHARING SESSION (Feedback, News, Concerns, Questions)

- Group Secretary falling down on the job.
 - When the officers knew it, they called a group conscience and the secretary stepped down and a new person came in.
 - The A.A. Group pamphlet is a good source for this situation. Past experiences show hurt feelings, but didn’t get drunk. And it depends on what you can live with? Now I chose to talk to people one on one instead of cussing them out.
 - “Inactive Service Members” – i.e.: missing three meetings or more – Out. Take someone with you to approach them, ask them to resign.
- Katy 12 & 12 Group is celebrating their 30th year anniversary. March 30th at 5 PM. Hamburgers, Hotdogs and Raffle. See Flyer.
- MMSSS is celebrating their 20th Anniversary at the PARC Alumni Center on March 30th at 5 PM. Everyone is invited. They are serving prime rib. See Flyer.

- Mitch took the topic of the Sign in Book to his home group. There were Pro's and Con's. The group tabled the decision. Betsy has seen a trial at a courthouse that used an A.A. Sign in Book as evidence and displayed it for all to see. Doug's Group voted to discontinue the Sign in Book and instead to use a separate Men's and Women's list.
- Rob prepared a Roster for sharing with whoever wants to. Reino stated that if you don't put your contact info on it, you don't get a copy of it.
- Reino has discovered a District 40 Archives box in his possession that was passed to him when he became D40 Alternate DCM.
- Hilton mentioned that he finds the monthly D40 Concept Study easier to learn at the group discussion than trying to read it on his own.

OLD BUSINESS;

- Open Positions - Archives, CPC, PI, Newsletter Editor

NEW BUSINESS;

- Kari B. stood for Newsletter Editor and was voted in.
- Gratitude Dinner; Vote will be taken at the next Assembly on continuing it. GSR's input needed.

DISTRICT COMMITTEE REPRESENTATIVE REPORTS *(Please submit report to Secretary)*

a. Archives Rep; OPEN No Report

b. CFC *(Correctional Facilities Committee)*; Paul K. Absent. – Read by Rick N.

- Thank you for delivering this report to the District Meeting tonight.
- Since our last meeting, the CFC asked for nearly nine thousand dollars from the Blue Can Fund to be used for literature.
- I received nearly a thousand dollars of that money for Big Books, 12 N 12s, Daily Reflections, and pamphlets.
- I gave a case of Big Books, a case of 12 N 12s, and a case of Daily Reflections, pamphlets, La Vinas and Grapevines to Jester 1 in Richmond, Texas. Big Books, 12 N 12s, Daily Reflections, pamphlets, La Vinas and Grapevines to The Walls Unit in Huntsville and the Wallis/Pack Unit in Navasota. We also delivered Big Books, Daily Reflections, and pamphlets to 1200 Baker, Harris County Jail.
- A sincere thank you from them and me to you for your monies and Grapevines, they are greatly appreciated.
- Please pass the word regarding the National CFC Convention in Houston, this November 1,2 & 3rd up at Intercontinental Airport.
- Let me know if I can help out with Blue Cans, literature, books or correspondence with those in the joint. As always, your old Grapevines and La Vinas are greatly appreciated.
- Thank you Rick and Jackie for getting the word.
- Respectfully, your humble servant,

a. CPC *(Cooperation with Professional Community)*; **OPEN** No Report

b. Grapevine; Rachel P. Here but no report.

c. IT *(Information Technology)*; Heather M. Absent. – Read by Jackie S.

- An alternate chair and postmaster were elected
- Decision made that Betsy will audit the IT committee mailing list and remove those who haven't been in contact for a while.

- Confirmed that our website does have virus protection.
- Confirmed that If we switch domains we will have to set up the new emails but will still have access to the old legacy emails and could migrate those over.
- Web Master discussed how best to have a testing and production environment and which contract would be best. Once that is decided then we can begin work/migrate on the new site.
- Equipment inventory is still in progress.
- Looking into having certain information locked down so that it can only be accessed with a password through the site.

a. **Intergroup Liaison**; Dan K. Absent. – Read by Reino F.

- Next delegates meeting will be held Thursday, April 18th @ 8:00pm.
- Looking to give back? Opportunities at Intergroup:
 - Newsletter Editor- Publish newsletter every other month.
 - Evening Night watch- Looking for “backup” members for evening night watch program.
 - Weekend Night watch- Looking for groups to take the phones over the weekend. Several slots available. Friday 5pm to Monday 7am
 - Daytime phone volunteers- Answer phones at Intergroup during business hours. All are welcome to volunteer regardless of length of sobriety.
 - Open House Committee- Summer Open House will be on June 22nd

a. **Literature**; Elizabeth G. – Happy St. Patrick’s Day to all at District 40!

- This month finds the Literature Committee busy with preparing literature agenda items for the 2019 General Service Conference in May.
 - ** Our Committee is currently reviewing the background information from GSO to be well informed for the round table discussion at April’s assembly.
 - ** Jackie & Elizabeth attended the Budget meeting – March 2nd. The good news is the 2020 budget meeting was productive along with being well attended by SETA committee members.
 - ** GSO added the video PSA “Changes” whereas it illustrates how drinking can take over a person’s life while emphasizing the hope and support available in A.A. for those who are looking for a chance at a new beginning without alcohol.
 - ** The 2020 International Convention Frequently Asked Questions – Registration, Housing, & Transportation is on “What’s new on AA.org” and readily available to start making plans for July 2 – 5 2020.
 - ** The next Area Literature Committee Zoom meeting will be Tuesday, March 19th at 8:30 PM - 9:30 PM
 - ** This month will feature the pamphlet, “The Twelve Traditions Illustrated.”

a. **Newsletter Editor**; **OPEN** No Report

b. **PI (Public Information)**; **OPEN** No Report

c. **TFC (Treatment Facilities Committee)**; Lindy S. Absent. – Read by Cindy M.

- TFC Committee is looking for Secretary and Alt. Chair to fill.
- There will be a roster of Treatment Facilities in our District to be shared soon.

CALENDAR OF EVENTS

a. 4/09/2019: Next District 40 meeting 7:15 PM

Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190

a. 6/7-6/9/2019: Texas State Convention - **Cynthia will be coming next month!**

Westin Galleria Hotel, 560 W. Alabama, Houston, TX Website; txaaconvention.org

a. 4/6/2019 Next District 40 Concept Book Study

Spring Branch Memorial Club 1200 Blalock Rd #378 Houston, Room C (713) 274-3190

For further event lists:

AA headquarters: www.aa.org, Area 67/SETA Districts: www.aa-seta.org, Intergroup:
www.aahouston.org.

ADJOURNED; Closed with the Responsibility Statement